

 SENIORS'  
COMMUNITY SERVICES

*Living Well in YOUR Community*

# HOLIDAY JINGLE

DECEMBER 2022



## What's Inside?

Sunshine, Song and a  
Party on the Lawn:  
Inside the  
Seniors' BBQ

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Paddle Tales, Spring  
Snaps & Fall Fairs

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Festive Cheers to  
Volunteers!

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On the Road Again

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How To Support Seniors  
in Aging Well at Home

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KEMPTVILLE  
613-258-3203

[WWW.SENIORSCS.CA](http://WWW.SENIORSCS.CA)



*'tis the season*

MAY HAPPINESS FIND  
YOU IN EVERY  
CORNER



Over the last year, the centre once again became the hub of activity familiar to us over the last 41 years; spirits were lifted, and friends reconnected. The kitchen was abuzz with activity, and the dining room echoed with the laughter and chit-chat that we had all missed so much. It was a year in which we pushed adversity to the side and embraced the positive energy from our community, our volunteers, and our clients. It is that energy that inspires a confident stride into 2023. Let's take a holiday stroll down Route 2022 as a reminder of what a community can do when we work together.

## **The Best BBQ in Town!**

We waited three years for this party, so let's start our stroll down Route 2022 with some huge-hearted Kemptville Lions who served up over 120 burgers to guests, served seamlessly by volunteers who danced between tables to the strum of live music. The annual Seniors' BBQ was nothing short of perfect under the blue skies and gently swaying trees.



A beautiful *Oh Canada* was led by Chris Morgan and Jean-Jacques Rousseau. They kept toes tapping and hands clapping the whole afternoon. Our thanks to OPP constables Dave Holmes and Annie Collins who joined us with their signature smiles, and Mayor Peckford who got the crowd moving with a dance-off! We tip our hats to the volunteers who always give so much to everything we do at SCS, and to our clients whom we are so fortunate to know. This gathering was the BEST gift of all.



## A Claus for Celebration!

The programs and services were full steam ahead in 2022 and we celebrated every moment. The Diners' Club was a full house every week, with the aromas of home-cooked meals filling the centre, volunteers providing a warm, relaxed place to hang your hat, and the energy of the clients who make every week fun. Special days bring costumes and creative meals, and the opportunity to share stories and experiences.



The volunteer chefs begin cooking the meals long before the luncheon and bring so much creativity and talent to the table. One special meal was an authentic Newfoundland Jiggs Dinner that was accompanied by client Rose Marie who brought the East Coast vibe with her guitar and beautiful voice. Toe-tapping fun on a Wednesday afternoon.



There is nothing better than social connection to ease the heart and reduce loneliness. We are so grateful for our volunteers who make the magic happen every week and the community that helps to support this program.

## On Dasher, On Dancer – On the Road with Seniors' Centre Without Walls

The SCWW crew had some porch visitors in late May. There were photos and shenanigans, and a bag of goodies. After years of meeting twice a week on the telephone, it was time we met face to face!



The photos were made into a collage for each participant, and now when we meet for Name that Tune, Trivia, or a Stuart McLean story, there is a face behind the voice. Over the last year, we have laughed so hard our cheeks hurt, solved all the world's problems, and sang along with Chris Morgan. We also had a few special guests! Para-Olympian and local storyteller, Kim Kilpatrick joined us with tales of guide dogs, being on stage, and living life as a blind woman. International best-selling author Katie Tallo also joined us and read from her new book, *Poison Lilies*.

**The best road tip of 2022!**



# Making Spirits Bright - The Light of Volunteers

As we continue our stroll down Route 2022 we are surrounded by familiar faces and memories inspired. The faces behind the steering wheels are tireless in their dedication to getting clients where they need to go. The faces of those who deliver meals and ensure members of this community do not face food insecurity. The faces and voices behind the reception desk and on the telephone keep the office running smoothly. The face of the Board member who, behind the scenes, offers expertise, time, and a vision. The faces of the Diners' Club who put on a lunch for 20 every week, and the foot care hosts who make sure you are caring for your health by looking after your feet. Friendly visiting volunteers are the faces clients can rely on for comfort, with the reassurance that they are not alone. As we unwrap the ornaments for our SCS Christmas tree, these faces fill the branches and bring the light.



Over the last year, these fine folks have driven 75,000 km, delivered 8010 meals, answered umpteen phone calls, served Christmas lunches, helped raise funds, rolled up their sleeves, taught yoga, and contributed thousands of hours. These are people of action building a strong community and making sure life is better for the hundreds of clients who are part of the SCS family.

*Thank You*

## Holiday Hours

**Closed - December 26th**

**Closed - December 27th**

**Closed - January 2nd**



### SCS Board of Directors

Bill Forbes, Chair  
Ross Hebert, VP  
Aaron Nichols, Treasurer  
Rick Baker, Secretary  
Jennifer Ketchum, Director  
Kim Perrier, Director  
Virginia Boro, Director



# The Sparkle and Shine of Community

What do tortiére, midnight paddles, golfers, vegetable gardens, the IPM, and farmers' markets all have in common? Not a whole lot one might think, but for SCS they brought critical funds to our programs and services.



The Skeddadd n' Paddle group had a midnight disco-themed kayak that was organized by Craig McCormick who directed all the funds raised to our programs.

Val and Byron Morris brought back their highly anticipated and delicious tortiéres, which sold out in a heartbeat! The Equinelle Men's Golf League raised money throughout their season and generously donated the proceeds. Kate Duggan, of Klondike Farms, once again brought weekly baskets of homegrown veggies and fruit for delivery to clients and the Diners' Club. In keeping with her beautiful heart, Meagan, owner of Wilding Acres, delivered fresh flowers every week to make our dining room shine. And no one will forget the HUGE turkey that landed in our kitchen from the Driscoll/Peca Team who made it their mission to make the Christmas lunch unforgettable! Pickle & Myrrh and Heritage Stables had an auction at their successful Fall for Merrickville farmers market, raising funds and awareness.



The International Plowing Match was something we looked forward to for weeks. We were invited by community partner Grenville Mutual Insurance to have a booth in their tent and enjoyed the opportunity to speak with thousands of people who came by to say hello. Board director Rick Baker even enjoyed some great conversations with their mascot, Spencer! Thank you for such a memorable week.



# Eventing! Fundraisers with Impact

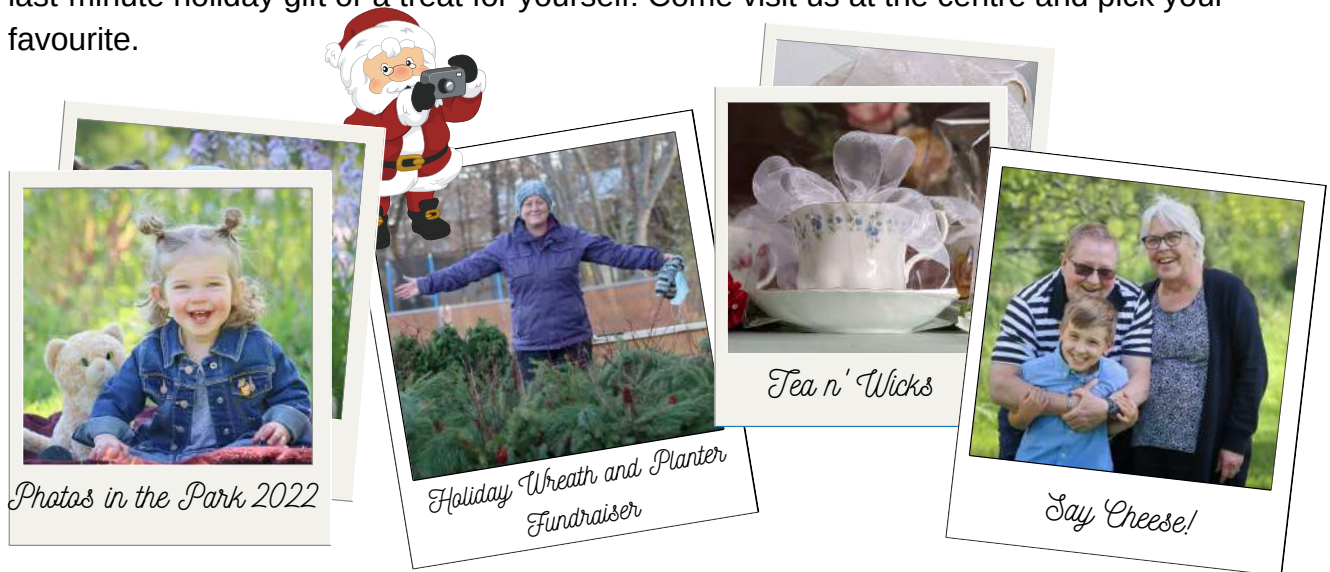
SCS is a local non-profit doing big things on a small budget. Our volunteers are our superpower, and the community is our ally, ensuring seniors aging at home, and adults with physical disabilities are always front of mind. Fundraising over \$46,000 each year to sustain our programs and services is never easy, but we sure try to make it fun!



Photos in the Park returned for a sold-out event in support of the Transportation service at SCS. It brought families and friends in front of the lens for some cheese, laughter, and special moments. Thanks to the generous donation from the Ralph and Maureen Phillips Family Foundation Photos in the Park was just shy of raising \$4000. We will see you again in 2023!

The Wreath and Planter Fundraiser encourages folks to decorate their doors and porches in support of the Meals on Wheels service. Over the last year, volunteers have prepped, warmed, and delivered over 8000 meals for this important service. We had a wonderful late November weekend drive-through at the 215 Sanders parking lot; filling cars with the holiday spirit, listening to festive music, and connecting with so many in this community, and afar! We welcomed people from Ottawa, Perth, and Cornwall...it was amazing! This year we will have had our festive drive-through by the time you read this, so keep us in mind next year when we celebrate our third annual holiday event.

Tea n' Wicks started with a single vintage tea cup and ended with 40 vintage tea cups filled with Wick Witch Apothecary candle wax and wrapped in a beautiful white bow. You may have seen us at the Kemptville Farmers Market, and Fall for Merrickville selling these unique pieces. A big thank you to Susie M's Hidden Treasures and the individual donors who gifted us these gorgeous cups. We still have some left and they are just perfect for that last-minute holiday gift or a treat for yourself! Come visit us at the centre and pick your favourite.

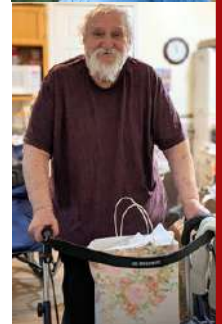


# The Stories Behind the Support

As we age it is often our hope to remain in the home that has been our warm embrace throughout the years. It is a familiar place that houses not only our physical selves but the memories and experiences of a life well lived. The challenges of aging in place are varied and unique to every person. It could be the loss of a driver's license, decreased mobility, the death of a life partner, or loneliness. Our programs and services are designed to meet the needs of the individual, whether it be a weekly phone call to connect, or drives to important medical appointments.

If not for your generosity the stories of living successfully, and independently would not be a reality for many seniors aging in place.

From our home to yours, we thank you for your continued support and wish you the very best in 2023.



“

*Many thanks to the crew for a wonderful year. My Mom is lonely, but this would have been 10X worse had the services in Kemptville not stepped up the way they did.*

”

“

*The SCWW program has introduced me to so many new friends. It has saved me.*

”

“

*The weekly lunch at the Diners' Club is my only homecooked meal every week.*

”

“

*If not for you, I would be not living in my own home. And that is where I want to be.*

”

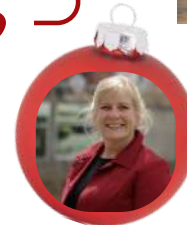
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*It is a meeting place that makes sure no one is lonely, and so many friendships have been made there.*

”



*All the very best of wishes for a healthy, safe & happy holiday season!  
Merry Christmas and Happy New Year!  
- Jennifer*



*Wishing you the embrace of warm memories, and an abundance of joy.  
Merry Christmas!  
- Jill*

# A Message for the Holidays

The Holiday season will be upon us soon which gives us time to reflect on 2022 as a year of transition. Transition to a better understanding of Covid with the restrictions and protocols it brings, two major staff changes, and the addition of three Board members. What doesn't change is our excellent service to our senior community.



On behalf of your Board of Directors, I would like to offer this timely thought. The magic of Christmas never ends when its' greatest of gifts are family and friends.

*Bill Forbes, Chair of the Board*



In the spirit of giving and generosity, I encourage you to reach out to those who may be alone this holiday season. Offer a helping hand to shovel a walkway, pick up some groceries or drop off a card. These are small gestures, but the more we reach out to those who are isolated, the more we come together.

Wishing you a holiday season filled with those whom you hold dear and a new year full of good health.

*Dawn Rodger, Executive Director*



***Thank you for supporting seniors in your community!***



\$25    \$50    \$75    \$100   Other  \$ \_\_\_\_\_

Cash    Cheque    Etransfer to [finance@seniorscs.ca](mailto:finance@seniorscs.ca)

To donate online, please visit our website at [www.seniorscs.ca](http://www.seniorscs.ca)

Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

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City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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Seniors' Community Services, like all other registered charities, must adhere to the Canada Revenue Agency (CRA) Income Tax Act when issuing charitable tax receipts. Tax receipts will be issued for donations \$10.00 or more, or upon request.